Worth your fill of beans

Create an attractive and filling side dish with a tray of roasted shrimp and edamame. And don't forget the black pepper PAGE 14

SHOWING YOU WHO'S THE BOSS

AUTHOR TEMPERS INNER FAN BOY IN UNEARTHING AN IMPERFECT ROCK STAR PAGE 11

REGIONAL metro®

Tuesday, November 13, 2012

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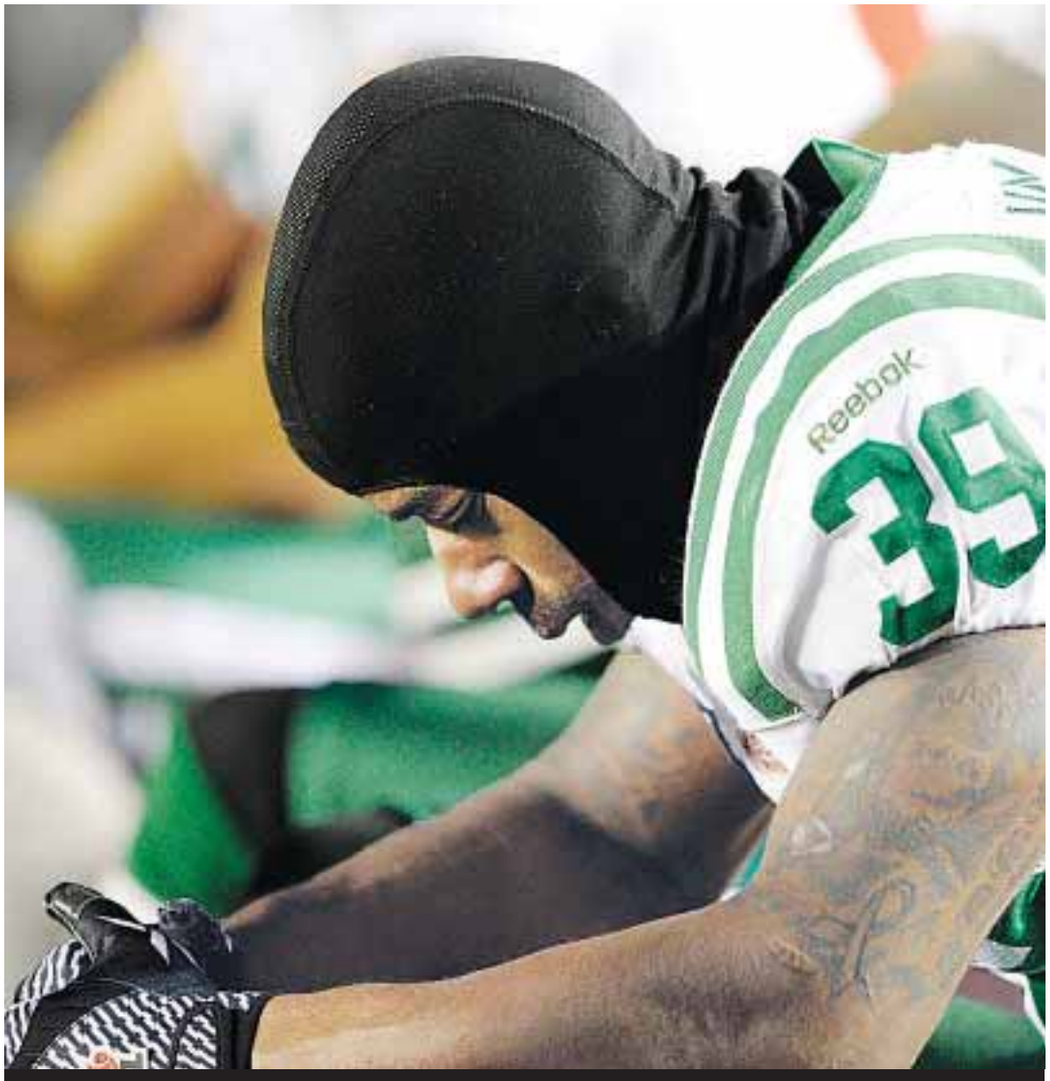

RIDER PRIDE BRUISED

... but not broken, fans say

The Saskatchewan Roughriders' Chris McKenzie sits dejected on the bench after losing to the Calgary Stampeders, 36-30, in the West semifinal, Sunday, in Calgary. For fan reaction to the season-ending heartbreaker, see page 18. LARRY MACDOUGAL/THE CANADIAN PRESS

Tales from lockup

Ex-Romanow adviser. Man acquitted of wife's murder writes books, including one on trial

A former political adviser who was acquitted of murdering his wife is writing two books — one about the trial and another about his time behind bars.

Mark Stobbe was found not guilty of second-degree murder last March in the 2000 death of Beverly Rowbotham.

She was struck 16 times in the head with a hatchet or axe and her body was found in a vehicle in a parking lot north of Winnipeg.

The first book, Lessons from Remand, is to be released March 21.

Stobbe, who once advised former Saskatchewan premier Roy Romanow, says he wrote the book because he believes his readers can learn something from it.

He says the food in the remand centre was terrible, the cells are uncomfortable and there is no room to move around.

CJME/THE CANADIAN PRESS

Mark Stobbe outside the Law Courts in Winnipeg on March 29. TREVOR HAGAN/THE CANADIAN PRESS FILE

Heavy snow prompts safety warning

Officials are reminding snowmobilers to use caution after a rider's close call on the weekend PAGE 3

Trudeau hoping, yes he can, too

The team behind the Liberal leadership hopeful seeks out advice from Obama's staff on how to win PAGE 6

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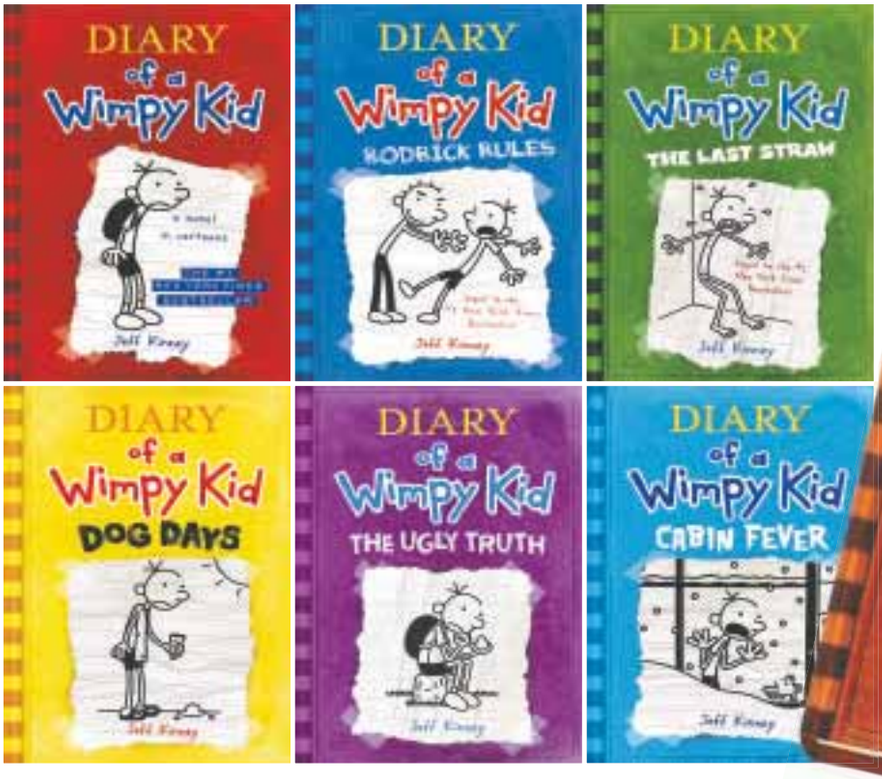
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Is an El Nino winter in store for the Prairies?

Wild weather.
Saskatchewan gets dumping of snow, freezing weather — Ontario was warm

Environment Canada says the Prairies will remain cold, but should get some clearer skies after blizzard-like conditions rolled across the region during the weekend before breaking Sunday night.

Alternatively Ontario got a mix of warm and winter-like weather on Monday, with residents in the province's south ditching sweaters for lighter attire as temperatures in many municipalities reached the high teens, while Ottawa peaked at 20 C.

Environment Canada says 10 municipalities in Ontario unofficially set heat records on Sunday, while a handful of places in the southern region, including Ottawa and Hamilton, appeared on the cusp of breaking records on Monday.

The weather fluctuations shouldn't come as too much of a shock, said Beverly Archibald, director of True North Weather Consulting Inc., a specialized forecasting firm based in Edmonton.

"Canadians have to realize that there are always extremes in weather. We are very rarely right at normal," said the former Environment Canada meteorologist.

By taking the big-picture view, the recent shifts will appear relatively normal, she added.

"I think we'll look back and say this was quite a typical El Nino winter.

"It's probably going to be a continuation of the snowy pattern for Western Canada and for Eastern Canada these swings in weather — very cold, very warm, very cold, very warm — which would be typical of these variable weather patterns," she said.

"Depending on what side of the camp you're on in climate change, this is playing right into the climate change scenario, where we'd see an increase in extreme weather events," she said. THE CANADIAN PRESS

Double whammy

The weekend's storm system delivered heavy snowfalls in southern Saskatchewan and much of Alberta, where the flakes were followed by -25 C wind chill.

A Remembrance Day memorial in Regina's Victoria Park had a layer of snow on it Monday morning after a stormy weekend in Saskatchewan. JEFF MACKEY/METRO

Snowmobilers warned to use caution

The Saskatchewan Snowmobile Association is cautioning riders to take care on trails and avoid bodies of water this early in the season, despite heavy snowfalls. FLICKR/HESSONPHOTOGRAPHY

A close call for a snowmobiler over the weekend is serving as a reminder for enthusiasts across the province.

According to Chris Brewer, president and CEO of the Saskatchewan Snowmobile Association, a number of hazards are present this early in the season, and with roughly 55,000 riders antsy to hit the trail, people need to take care while riding.

"It looks like this is a big snow cover — certainly we have some snow, but it's quite fluffy and it hasn't been set up as a base yet," said Brewer, noting culverts, rocks and other objects are "hidden dangers," under the snow.

However, hazards off the trail can also pose problems. Just this weekend, a 53-year-old man was stranded in shallow water after his snowmobile went through ice south of Clavet. Although he was rescued without injury, Brewer said bodies of water should be off-limits.

"Avoid any bodies of water right now," said Brewer. "This snow that's come early is an insulator blanket over top of any ice that has formed and it's going to make it rather critical until we get big ice formed and that's going to take extremely cold temperatures."

Quoted

"We are trained in all aspects of rescue, but in saying that, there's always a risk"
Greg Sayer, acting battalion chief with Saskatoon Fire and Protective Services

Greg Sayer, an acting battalion chief with Saskatoon Fire and Protective Services, said riders should know current conditions and history of the ice, as these rescues could put responders in danger.

"There's always a risk when you're sending crews out to a rescue like that," said Sayer. "We are trained in all aspects of rescue, but in saying that, there's always a risk."

MORGAN MODJESKI/
METRO IN SASKATOON

Alleged sexual exploitation

Ex-student to take legal action against school division

A man who was allegedly sexually exploited by a Saskatchewan teacher when he was a student is taking legal action against a school division in Prince Albert.

Former teacher Bonnie McLachlan was found not guilty of the exploitation charge at the conclusion of a trial last November.

Lawyer Tony Merchant, who is representing the former student, says an attempt last week to reach a mediated settlement with the Saskatchewan Rivers School Division ended without an agreement.

The case will now move to the discovery stage and Merchant says no decision has been made on the damages his client would be seeking.

A date has not been set for a civil trial and counsel for the school board has not yet commented on the case.

CKBI/THE CANADIAN PRESS

Police investigation

Men severely injured in machete attacks

Police in Regina say several men were attacked over the weekend by people with machetes.

Investigators say there were two attacks on Saturday and that they both happened within a short period of time only a few blocks away from each other.

Still, police aren't saying if the attacks are linked.

Two men who were attacked suffered severe injuries, but police say they are expected to recover.

CJME/THE CANADIAN PRESS

Puppeteer accused of underage relations

Elmo. Allegations are unsubstantiated, but Kevin Clash is taking a leave of absence from Sesame Street

Sesame Street muppet Elmo and puppeteer Kevin Clash pose for a portrait during the 2011 Sundance Film Festival in Park City, Utah, to promote the film Being Elmo. Clash has taken a leave of absence from the popular kids' show following allegations that he had a relationship with a 16-year-old boy. VICTORIA WILL/THE ASSOCIATED PRESS FILE

The puppeteer who performs as Elmo on Sesame Street is taking a leave of absence from the iconic kids' show in the wake of allegations that he had a relationship with a 16-year-old boy.

Puppeteer Kevin Clash, 52, has denied the charges, which, according to Sesame Workshop, were first made in June by the accuser, who by then was 23.

"We took the allegation very seriously and took immediate action," Sesame Workshop said in a statement issued Monday. "We met with the accuser twice and had repeated communications with him. We met with Kevin, who denied the accusation."

The organization described the relationship as "unrelated to the workplace." Its investigation found the allegation of underage conduct to be unsubstantiated. But it said Clash exercised "poor judgment" and was disciplined for violating company policy regarding Internet usage. It offered no details.

"I had a relationship with the accuser," Clash said in a statement of his own. "It was between two consenting adults and I am deeply saddened that he is trying to characterize it as something other than what it was."

THE ASSOCIATED PRESS

Legalizing pot. Latin American leaders call for review of U.S. policy

Two U.S. state decisions to legalize marijuana will have implications for international efforts to quash drug smuggling, four Latin American leaders declared on Monday.

Mexico, Belize, Honduras and Costa Rica called for the Organization of American States to study the impact of the votes in Colorado and Washington, and said the United Nations' General Assembly should hold a special session on the prohibition of drugs by 2015 at the latest.

"It has become necessary to analyze in depth the implications for public policy and health in our nations emerging from the state and local moves to allow the legal production, consumption and distribution of marijuana in some countries of our continent," Mexican President Felipe Calderon said after a meeting with Honduran President Porfirio Lobo, Costa Rican President Laura Chinchilla and Prime Minister Dean Barrow of Belize.

Marijuana legalization by U.S. state governments is "a paradigm change on the part of those entities in respect to the current international system," Calderon said.

The most influential adviser to Mexico's next president, who takes office Dec. 1, questioned last week how the country will enforce a ban on growing and smuggling a drug now legal under some state laws. Mexico has seen tens of thousands of people killed over the last six years as part of a militarized government attempt to destroy the country's drug cartels.

THE ASSOCIATED PRESS

Drug trafficking

Mexico is one of the primary suppliers of marijuana to the U.S., while Honduras and Belize are important stops on the passage of cocaine from South America.

- Costa Rica is seeing increasing use of its territory by drug traffickers.
- Guatemala's president has advocated the international legalization of drugs.

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Cause of deadly blast a mystery

An enormous blast in the U.S. that killed two people, obliterated two homes and made dozens more uninhabitable came with no hint of warning, and the homeowner on Monday wondered whether a faulty furnace was to blame.

Fire officials expressed amazement that only two people died late Saturday in the Indianapolis explosion, which rocked several houses from their foundations.

The owner of the house that exploded, John Shirley, said he received a text message last week from his daughter about a problem with the furnace at the house the girl shares with her mother and her mother's boyfriend. Shirley said no one was home at the time of the explosion.

Investigators said they have not determined a cause for the blast.

Deputy code enforcement director Adam Collins said 80 homes were damaged, including 31 that might need to be demolished. He estimated the damage at $3.6 million.

The blast flattened the house Shirley co-owns with his ex-wife and one next door that belongs to Jennifer Longworth and her husband, John. The coroner's office had not yet identified the two people killed in the crash.

THE ASSOCIATED PRESS

Emergency workers at the site of a home that was destroyed by an explosion late Saturday in Indianapolis. Nearly three dozen homes were damaged, and seven people were taken to hospital. DARRON CUMMINGS/THE ASSOCIATED PRESS

Act of vengeance

New IRA claims responsibility for first killing

A new Irish Republican Army faction in Northern Ireland claimed responsibility Monday for its first killing and defended the bloodshed as a necessary act of vengeance.

The group, a merger of factions that brands itself as simply the IRA, said in a statement to the Irish News in Belfast its members shot to death David Black this month because he worked as a guard at Northern Ireland's top-security Maghaberry prison.

About 40 members of IRA factions are imprisoned there. The inmates have protested for more than a year against a policy of strip-searching them in search of weapons, drugs and cellphones. They have previously threatened to kill off-duty guards.

Black, 52, was shot as he drove to work on Nov. 1. He had worked as a guard for three decades and expected to retire soon.

THE ASSOCIATED PRESS

Human Rights Council

U.S. re-elected in tough contest for UN council seat

The United States was re-elected Monday to another three-year term on the UN Human Rights Council in the only contested election for the organization's top human rights body.

The U.S. was competing with four countries for three seats belonging to the Western Group. Germany and Ireland were also elected. THE ASSOCIATED PRESS

Travelling exhibit

Jewelry from Titanic wreckage to begin tour

Most of the jewelry recovered from the wreckage of the Titanic will begin a three-city tour, its first public display since being salvaged from the ocean depths.

After a two-month exhibit at the Atlantic Station gallery in Atlanta, the jewels travel to Orlando, Fla., and Las Vegas.

THE ASSOCIATED PRESS

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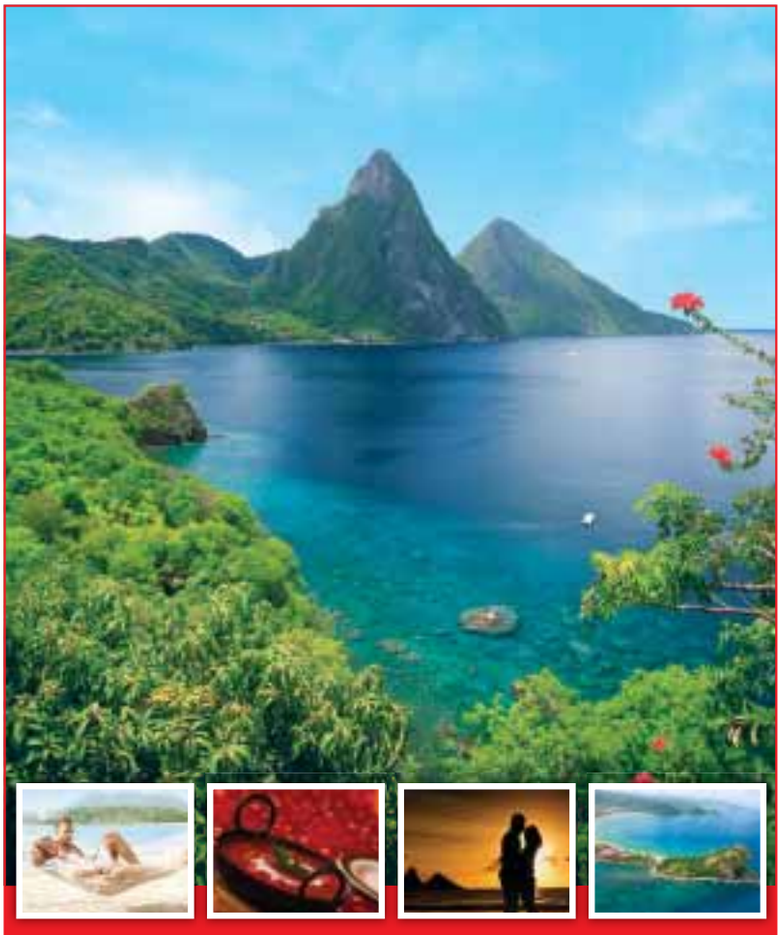

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Justin Trudeau's team looks to U.S. Democrats for advice

Liberal MP and leadership candidate Justin Trudeau attends a Remembrance Day ceremony in Montreal on Sunday.
GRAHAM HUGHES/THE CANADIAN PRESS

Victory. Liberal leadership campaign seeks out Obama's staff for lessons in winning

Hot on the heels of President Barack Obama's re-election victory, Justin Trudeau's Liberal leadership team is looking to U.S. Democrats for advice on how to win.

Mitch Stewart, who was the battleground-states director for the Obama campaign, has been sought out to speak to Trudeau's strategists on Thursday, according to officials with the campaign.

Trudeau's leadership bid is being organized around much of the same strategic goals that drove Obama's victories in 2008 and this year — rallying support from young people and other progressive-leaning voters who haven't traditionally cast ballots in elections.

If Trudeau wins, that is also the same approach he hopes to use to put the Liberals back on a competitive footing with the Conservatives in 2015.

Stewart, who rose to the top ranks of the Obama team after delivering a surprise win in Iowa in 2008, was the man in charge of getting out the Democratic vote this year in all-important swing states such as Ohio and Florida, where Obama was triumphant over Republican challenger Mitt Romney.

TORSTAR NEWS SERVICE

Criticism. Comedian Stephen Colbert calls Ontario city the 'Earth's rectum'

In his latest book, comedian Stephen Colbert gives a wag of the finger to Ontario's City of Roses.

The book, entitled America Again: Re-becoming the Greatness We Never Weren't, contains a section about renewable energies and geothermal power.

"Before we can harness geothermal power, we have to take the planet's temperature with a geothermometer," reads the passage. "And I have no idea where the Earth's rectum is!"

Stephen Colbert GETTY IMAGES

A footnote on the latter sentence suggests "Windsor, Canada" as a possible location.

This isn't the first time the Comedy Central host has taken a swipe at Windsor, Ont. A 2007 segment on his show listed the city as one of the worst places on Earth.

City spokesperson Jason Moore questioned whether Colbert had ever been to Windsor, but declined to offer further comment. THE CANADIAN PRESS

Crime

Police officer raped by colleague fights back

Denise Robinson used to feel completely alone before making her story about being raped by a fellow police officer public.

But that changed once other female officers came forward with similar stories.

"For so long I thought this was an isolated case and I thought, 'oh my God, no one else has ever been through this before,'" said Robinson, a special constable with the Kativik Regional Police in northern Quebec.

Denise Robinson METRO IN OTTAWA

She was raped by her colleague, Joe Willie Saunders, on Feb. 5, 2010, while she was intoxicated in her police residence after being driven home from a house party. Saunders pleaded guilty to sexual assault and was sentenced Aug. 24 to 18 months in jail.

Robinson said her employer stopped paying her after she reported the incident to her superiors a few days later because she was deemed unfit for work.

Without work and a paycheque, she has been staying with family in Ottawa for the better part of two years while receiving treatment for post-traumatic stress disorder and fighting for lost pay from the police force.

Robinson said on Nov. 2 her employer offered her three months' pay if she quit her job.

"Accepting that offer, to me, is telling them it's OK what they did," she said.

JOE LOFARO/METRO IN OTTAWA

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Measure B. L.A. County vote requires porn stars to always use condoms

The show must go on, is the entertainer's credo, and it did just that in the U.S. Porn Capital even after Los Angeles County voted to require performers to use condoms when filming sex scenes.

One of the industry's biggest stars, James Deen, reported for work, condom-free as usual, just hours after voters adopted the new law.

During a break in the action Thursday, however, Deen raised the same questions on the mind of everyone in L.A.'s billion-dollar-plus porn industry: Can a planned court challenge get the new law tossed out before it is even implemented? Or, perhaps this time next year, will he be making films like Atomic Vixens in some place like Las Vegas or Florida?

The law, listed as Measure B, was passed by 56 per cent of voters. THE ASSOCIATED PRESS

Industry fears losses

"The last time we attempted to go all-condom, our industry lost sales by over 30 per cent."

Porn star James Deen

Ikea

Swedish retailer accused of benefiting from forced labour

Swedish furniture giant Ikea will release a report this week addressing claims it benefited from forced labour in communist East Germany, the company and victims groups said Monday.

The report by auditors Ernst & Young looks into allegations that Ikea used East German suppliers who employed prisoners — some of whom were political dissidents — to manufacture goods from the 1960s to 80s. THE ASSOCIATED PRESS

Decorated Indian sprinter charged with partner rape

XY intersex. While Pinki Pramanik, 26, competed for India as a woman, gender tests confirm she's a man

A runner who won medals for India while competing as a woman was charged with rape on Monday after a gender test indicated she is actually a man, according to media reports.

Pinki Pramanik, 26, became a national star after rising from childhood poverty to win gold while anchoring India's 400-metre relay team at the 2006 Asian Games.

One of the charges

"Cohabitation caused by a man deceitfully inducing belief of a lawful marriage."

The wording on one of the charges faced by Pinki Pramanik

Pramanik won a silver medal at Sydney's Commonwealth Games the same year.

Pramanik became mired in controversy in June after the retired runner's live-in girlfriend accused Pramanik of being a man masquerading as a woman and of raping her.

Pramanik denies all the charges. On Monday, Agence-France Presse reported that the police had charged Pramanik with rape after a medical board set up to determine Pramanik's gender concluded she is a man.

She has also been charged with impersonation, cheating, assault and intimidation. The medics said Pramanik is a "male pseudohermaphrodite," a condition normally called XY intersex. It means the chromosomal sex and internal sex organs indicate the person is male, while external genitals appear female or are ambiguous.

Pramanik retired in 2008, disappearing from the public eye and buying a house in the eastern city of Kolkata.

TORSTAR NEWS SERVICE

Indian police on Monday charged Pinki Pramanik, a gold-medal-winning international athlete, with raping her former partner. AFP/GETTY IMAGES FILE

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Spanish banks freeze mortgage evictions

Mortgage Victims Platform member Marta Uriarte, centre, who has stopped the auction of her home three times, speaks outside Caja Madrid's main office on Monday in Madrid. Spain's banks announced that for the next two years they will suspend mortgage-related evictions of the most vulnerable people. There have been around 350,000 house evictions since Spain's property market crashed in 2008. PABLO BLAZQUEZ DOMINGUEZ/GETTY IMAGES

Brick acquisition will help Leon's keep lid on costs

Retailing. Companies plan to flex their joined purchasing power

A combined Leon's and The Brick should be able to enhance their competitiveness in an increasingly gritty retail environment even though both banners will continue to fly separately, the companies and analysts said Monday.

The friendly purchase of Edmonton-based The Brick by Toronto-based Leon's for $700 million has less to do with direct competition posed by giant American retailers such as Target or Wal-Mart, they said, than with the need to keep a lid on costs.

"What's most in the forefront of our minds is: The economy is difficult, generally it's not growing, and if it is growing, it's growing very slowly," said Terry Leon, CEO of Leon's who will head up the combined entity.

"So the best way to grow and to expand is to, if you can, make a purchase that makes sense."

The Canadian retail landscape has been shifting in recent years as more American chains in search of growth opportunities make their way north, which has increased competition in retail segments, including furniture.

The companies said they had no plans to close any stores or lay off any employees. Rather, they said, they would try to become more competitive initially by flexing their combined purchasing muscles and by joining distribution channels. THE CANADIAN PRESS

Terry Leon, president and CEO of Leon's, chats with Vi Konkle, president and CEO of The Brick, after a news conference in Toronto on Monday. CHRIS YOUNG/THE CANADIAN PRESS

Victims' fund set up after plant blast

A special fund will be created to help the families of victims in a Quebec plant explosion last week that killed three people, sent 19 to hospital and flattened an industrial facility.

Neptune Technologies & Bioressources, which owns the facility, announced its plan to set up the fund Monday. An explosion and subsequent fire destroyed the company's production plant in Quebec's Eastern Townships. The explosion could be heard for kilometres, and the fire reduced the plant to rubble.

It was one of two similar incidents in Quebec within a 24-hour period. Several hours later, an explosion rocked a plant in the same region belonging to Bombardier Recreational Products. Bombardier said Monday that one of its employees, who was in hospital, had died from his injuries. THE CANADIAN PRESS

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Oman. Tim's opens 20th Gulf states restaurant

Oman has its first Tim Hortons restaurant as the iconic Canadian chain expands operations in the Persian Gulf states.

The Oman restaurant is the 20th Tim Hortons to open in the region since the chain signed a master licence agreement with the Apparel Group last year.

The agreement calls for up to 120 multi-format stores to be opened in the United Arab Emirates, Qatar, Bahrain, Kuwait and Oman over a five-year period.

"We're thrilled that the Apparel Group has reached the milestone of 20 restaurants in the GCC (Gulf Co-operation Council), since opening the first location in Dubai in September of 2011," said David Roy, Tim Hortons' managing director of international operations.

Using a targeted approach to explore international opportunities is part of the company's strategic plan. "The company will continue to focus on expansion in existing GCC markets, focusing next on Qatar," it said.

Apparel Group is a global fashion and lifestyle brand based out of Dubai that operates more than 50 leading brands in 14 countries. THE CANADIAN PRESS

By the numbers

4,100

Tim Hortons has more than 4,100 restaurants, including more than 3,300 in Canada.

Labour. Merged private sector union announces its founding convention

Canada's largest private sector union will hold its founding convention on Labour Day weekend 2013 in Toronto.

The three-day event merging the Canadian Auto Workers and the Communications, Energy and Paper Workers unions will open on Friday, Aug. 30 and run until Sunday. That will allow delegates to carry banners with the new union name during Labour Day events in their communities.

The founding convention will approve the union's constitution, name and logo, and elect its first leaders.

Delegates to CAW and CEP conventions voted overwhelmingly over the past few months to create the union, which will represent more than 300,000 workers across roughly 20 economic sectors. THE CANADIAN PRESS

Market Minute

DOLLAR 100.04¢ (+0.17¢)

Figure reflects currency's value on international markets in mid-afternoon trading. The Canadian dollar did not trade in Canada Monday as banks were closed for Remembrance Day.

TSX 12,191.46 (-5.34)

OIL $85.57 US (-50¢)

GOLD $1,730.90 US

Natural gas: $3.57 (+6.7¢)
Dow Jones: 12,815.16 (-0.23)

BB10 devices

RIM to unveil new BlackBerrys Jan. 30

Research In Motion made another step toward the release of its new BlackBerry smartphones on Monday, announcing that it plans to unveil the devices and its new operating system on Jan. 30.

The launch date provides a little more certainty for those who were skeptical that another BlackBerry would ever see the light of day, but it still doesn't confirm when customers will be able to buy the new touchscreen and keypad versions at stores.

"We're not going to talk about availability yet," said RIM spokeswoman Crystal Roberts in a telephone interview. THE CANADIAN PRESS

Road safety

Do you speak vroom vroom?

Toyota Motor Corp. is testing car safety systems that allow vehicles to communicate with each other and with the roads they are on in a just-completed facility in Japan. The system uses sensors and transmitters installed on streets to reduce accidents. THE ASSOCIATED PRESS

Fantasy football

Yahoo apologizes for site outage

Yahoo Sports emailed fantasy football players early Monday to apologize for problems with its site and mobile apps. An outage left thousands complaining of last-minute lineup problems and possible lost money on NFL games Sunday. THE ASSOCIATED PRESS

I'LL CRY IF I WANT TO

SHE SAYS...
Jessica Napier
metronews.ca

Wherever I am in the city, I am never more than five blocks away from somewhere I have cried.

As a non-hermit kind of person who happens to have a lot of feelings at inconvenient times, I am no stranger to the public meltdown. And I'm not just talking about socially acceptable places like during a funeral or in a darkened movie theatre, I mean everywhere.

I have welled up on crowded buses during rush hour, sobbed in department store fitting rooms, bawled uncontrollably over dinner at fancy restaurants, and let myself go in plenty of other very public locales.

A sob story

"I can usually will myself to get it together after a couple of minutes, but I'm always left feeling a little uncomfortable after inviting strangers to witness my personal suffering."

I have always been a crier. Tearing up is my go-to response mechanism for an array of feelings — sadness, joy, heartbreak and anger all lead to waterworks. There is never a particularly good time to cry but doing it in public is always embarrassing.

I can usually will myself to get it together after a couple of minutes, but I'm always left feeling a little uncomfortable after inviting strangers to witness my personal suffering.

I suppose it would be OK if I were an attractive weeper. Back when The Hills was must-see TV, I watched Lauren Conrad in awe as she gracefully mastered the perfect single tear.

Unfortunately, my sob sessions leave me looking like a blubbering mess with swollen red eyes and a gruesome mixture of mascara and snot streaming down my face.

I've always thought of my tendency to burst into tears as a sign of weakness. I felt as though I was exhibiting a complete lack of self control every time I lost it during a sentimental reality show moment or when I missed the bus by seven seconds.

But as our communication channels evolve and our real emotions become increasingly replaced with cartoon-like emoticons, I've come to realize that crying is actually an incredible embodiment of our own mood.

It doesn't get more real than being so overwhelmed with emotion that you find yourself breaking down in the washroom at the office or sobbing quietly in a Starbucks lineup.

Passionate feelings can be untimely and awkward, but we shouldn't challenge ourselves to suppress them.

In fact, we should be embracing our volatile moods.

Crying in public means you're actually having a real emotional experience in the three dimensional world; not just LOLing at another YouTube clip on your iPhone.

After all, if the most powerful man in America can shed a few tears of joy after being re-elected, then we should recognize that there's no shame in breaking down in front of one another.

Follow Jessica Napier on Twitter @MetroSheSays

Bad hair day got you feeling frazzled? Don't worry — cry about it. ISTOCK

It's a snake on a plain

FRANCO BANFI/SOLENT

Wildlife photography

Diver takes risk to see anaconda

A brave diver gets up close to a huge anaconda snake after it gobbled up its prey.

Underwater photographer Franco Banfi, 54, ventured close enough to touch the scary, lengthy beast as it lay in the sun.

Thankfully, its swollen belly shows it has recently eaten a capybara rodent and will have little interest in feeding again for a while. METRO

In movies and reality

Monstrously big, but lazy, sluggish

Anaconda, the 1997 adventure-horror movie starring Jennifer Lopez and Jon Voight, depicts the bulky reptile as a monstrous beast that targets humans.

In truth, anacondas are non-venomous and tend to move in a rather sluggish manner.

"As humans, we tend to judge animals, we look above them. It's easier to label them as dangerous than anything else," Banfi said. METRO

Brazilian region

Translates to 'thick forest of the south'

Banfi saw six different female anaconda snakes on his 10-day trip to the Mato Grosso do Sul region in southern Brazil, right in the heart of South America.

The region, whose name literally means "thick forest of the south," is known for its diverse natural beauty.

"Normally, these snakes bathe in mud so we were lucky to get the photos in the end," says Banfi. METRO

Anaconda's size

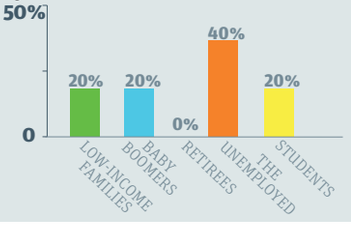
8

metres and 200 kilograms is the approximate length and weight of this anaconda specimen. Due to its massive size, the anaconda feeds on a range of prey from large rodents, such as capybaras, to pigs, caiman crocodiles and even jaguars.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Who is hit the worst in this post-recession economy?



Twitter

@Rhino_Bob:
With Colorado now legalizing recreational pot the Rhinoceros Party's work is only half done next up legalizing pans #skpoli #uspoli #cdnpoli

@brandonfast:
Never thought I would enjoy winter #running! #betterthanEnglishhomework #saskatchewan

@rezboi39:
Movie time :) nothing else 2 do on a cold night #yqr #skstorm

@KShields7:
Time to dig out of 3 feet of snow! #skstorm

@JoelTweetsJoel:
The weirdest thing about #Movember is that every cute girl looks like she's out with her dad.

@MalcolmFrench:
My first Remembrance Day since retiring from the Royal Canadian Navy (Reserve). Supporting the troops means not risking their lives lightly.

metro
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Biography looks at Boss's family, his music and his drive for fame

Bruce. Author balances inner fan boy with unveiling Springsteen's imperfections

PAT HEALY
scene@metronews.ca

When Peter Ames Carlin learned that Bruce Springsteen was willing to sit down with him for the Boss biography that he was writing, the author had to keep himself in check.

Yes, this was the first time that Springsteen would be cooperating with a biographer in 25 years, and yes, this was the man who had helped inform his world vision, but Carlin had a warts-and-all book to write.

"The fan boy in me had been locked in a cage long before I got to meet Bruce," says the author. "When I met him, it was super-intense, but for me, the thing that mattered at that point was that I was working on this book and this could conceivably be the difference between it being an extraordinary book and being another book about Bruce Springsteen."

The book, simply titled Bruce does, arguably, achieve the distinction that he was hoping for.

Through intimate interviews with family members and band members past and present, Carlin unearths previously unpublished anecdotes about his subject's childhood (as a little kid, Springsteen kept the same nocturnal rock star hours he does now), about his early rocking years (one of Springsteen's bands honoured a commitment at a small New Jersey club rather than accepting an invitation to play Woodstock in 1969) and his family struggles with mental illness.

"A big part of how this book advances the story is being very up front about how his dad was manic depressive. He had a serious untreated mental illness for his entire adult life," says Carlin. "We were talking later about depression or something and I said to him, 'Bruce, you said something to me that made me wonder, and it seemed like you were telling me that you take antidepressants. Am I correct?' and he said, 'Yeah.' And I said, 'How would you feel about me putting that in the book?' and he was silent for a second and then he said, 'Yeah, that's OK.'"

The man that emerges from the 474 pages of Bruce is alternately a controlling boyfriend, a driven bandleader, a junk food junkie and an artist who is constantly challenging himself.

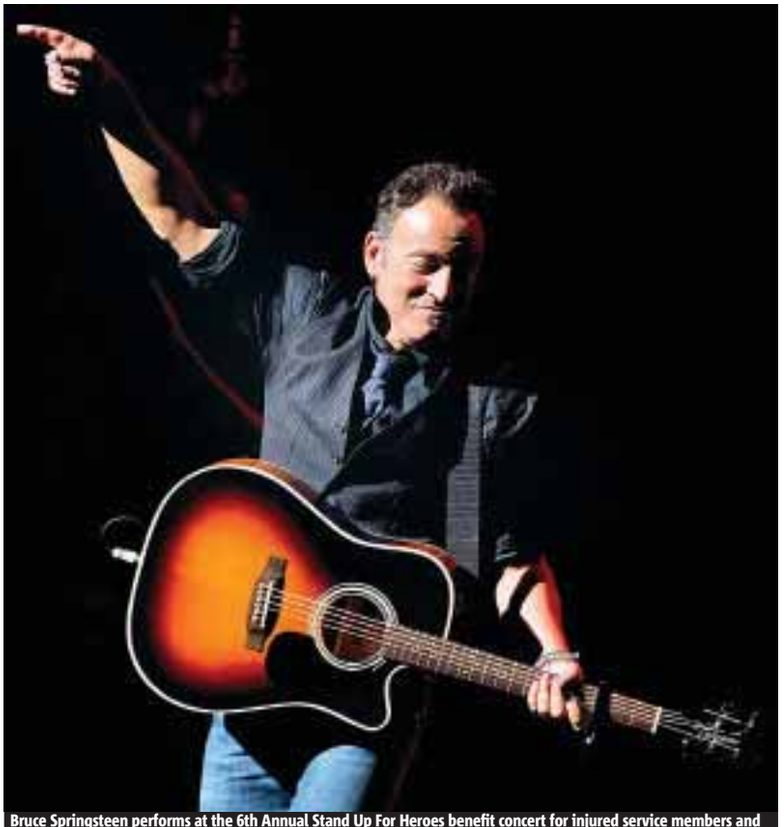
"He works really hard at being a good man and doesn't always live up to his own expectations of himself," says Carlin. "It felt very important to me to report stories I had heard about him being a dick. And I watched him have a temper tantrum on stage, at a soundcheck, furious at a guy who wasn't even at work yet."

Even though Carlin unveils these imperfections and his inner fan boy is securely locked up throughout the narrative, he says his respect for Springsteen's artistic vision is unwavering.

"He's so smart, so sensitive and so unafraid to dive into the darkness and mourn the horrors of the world, but also maintains that belief in possibility," he says.

Carlin was not the only one who learned a lot about Bruce Springsteen during this three-year writing process.

"He told me later, after he read the book, that part of what he valued about it was that he was reminded of how special the people in his life were," says Carlin.



Bruce Springsteen performs at the 6th Annual Stand Up For Heroes benefit concert for injured service members and veterans Nov. 8, in New York. CHARLES SYKES/INVISION/THE ASSOCIATED PRESS

Keep pushin' 'til it's understood

Photographer Eric Meola, best known for capturing Springsteen and late E Street Band sax legend Clarence Clemons on the iconic cover of Born to Run, has also recently released a new book on the Boss.

The book, Streets of Fire: Bruce Springsteen in Photographs and Lyrics 1977-1979 is another rare glimpse of an artist who is constantly evolving.

Many of the shots were taken at the sparsely decorated farmhouse Springsteen rented after Born to Run made him a star. The shots almost look like demo versions of the cover of Darkness on the Edge of Town, which came out in 1978.

"Every time we would get together, we would end up doing something very different from the time before," says Meola. "He would stand in attic alcoves with light coming in and creating beautiful shadows and I started to realize that the emptiness of the house reflected a lot of the loneliness and despair that was going on in the music."

Decision day bearing down on the Bachelor

Reality television. Canadian bachelor Brad Smith is only a few weeks away from choosing between the last two women

One bachelor, two women, one big decision.

That's what it comes down to as The Bachelor Canada heads towards that final rose.

After weeks of criss-crossing Canada on fantasy dates that also extended into romantic getaways to Paris, Mexico and New York, Canadian bachelor Brad Smith is about to announce his big decision. After speed-dating his way through 25 contestants, indulging in horseplay and hot tubbing, he has narrowed it down to 28-year-old Bianka, a nurse from Mississauga, Ont., and 24-year-old Whitney, an administrative assistant from Calgary. Smith, 29, has caught passes before. The CFL free agent wide receiver has played for Montreal, Toronto and Edmonton. His dad is former CFL commissioner Larry Smith.

With roots in football, Smith seems more All-American than many U.S. bachelors.

"Hockey's really my passion," he protests.

"I just happen to be good at football."

Much of the dating hijinks were shot last summer. Earlier this month, production shifted to this picturesque seaside town near Victoria, B.C. for the taping of next week's Women Tell All outing (airing Nov. 14 on Citytv) as well as the After the Rose episode (Nov. 28).

Fans will learn if Smith chooses Bianka or Whitney — or neither — on decision night, Wed. Nov. 21.

THE CANADIAN PRESS

Brad Smith has a big decision coming up. HANDOUT

Justin Bieber ALL PHOTOS GETTY IMAGES

Cry him a river: Justin B. borrows from Justin T.

Justin Bieber is dealing with being dumped by Selena Gomez the only way he knows how — through music. The 18-year-old Canadian pop star treated fans to a stripped-down acoustic version of Justin Timberlake's Cry Me a River — a song inspired by Timberlake's split from Britney Spears — at a tour stop over the weekend, according to People magazine. As for actually addressing the breakup, Bieber still sounds pretty shaken up. "I don't know what's going on in my life," he said in an interview with Open House Party radio before the show. "To even assess that, it doesn't make sense because I have not made any comment."

Twitter

@MalinAkerman
On my 3rd hour here at London airport...pretty good spot to have a layover. Lots of shops!

@JohnCleese
In LA working with Python producer John Goldstone and daughter Camilla on acting and writing master classes for the internet.

@MissKellyO
At a photo shoot for a campaign to save African Elephants & the elephant farted on my boyfriends head funniest thing I have ever witnessed!

@CraigyFerg
Just downloaded Angry Birds Star Wars. This is probably my last tweet for a while.

The babies still love you Biebs

Miranda Kerr

Selena Gomez may not be as big a Justin Bieber fan as she was a month ago, but at least the Canadian pop star gets the infant vote. Victoria's Secret model Miranda Kerr tells Us Weekly that Flynn, her 21-month-old son with husband Orlando Bloom, loves music and dancing — and Bieber's in particular. "The other day, we were in South Africa, I turned on the TV and Justin Bieber's documentary was on," Kerr says. "I said, 'Flynn! Bieber!' and he said, 'Bie-ber.' I said, 'Bieber fever' and he said, 'Bieber fever.' I thought it was the cutest thing I've ever seen."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

The stars get to gabbing on the MTV red carpet

On the red carpet of Sunday's MTV Europe Music Awards in Frankfurt, Germany, David Hasselhoff got perhaps the biggest applause from fans, with host Heidi Klum, Kim Kardashian and Gangnam Style star PSY coming a close second. The random lineup proves what an eclectic show it was. Metro was on the red carpet to talk to a few of the headliners.

ALICIA KEYS

There's talk of an apocalypse. What would you tweet, if you knew it was the end of the world?

Oh gosh, I really don't want to think about that. I really don't. But it's true it is something to think about. We're putting so much abuse on this planet. How is it not supposed to react that way?

LANA DEL REY

What were you listening to before the show?

We were listening to Chris Isaak and Bruce Springsteen. Americana.

PSY, HASSELHOFF AND JEPSEN

"The whole point of Gangnam Style is that you don't have to be that good."
—PSY

"It's good because I ride horses. It's very easy."
—David Hasselhoff on dancing Gangnam Style

"If you'd asked me when I was seven years old, I would have told you with utter confidence, definitely, yes. I'd be a star. But then I grew up."
—Carly Rae Jepsen

Tickle me surprised: Elmo's right-hand man caught in sex scandal

Kevin Clash, the man behind Sesame Street star Elmo, has taken a leave of absence from the popular children's show amid allegations that he had a sexual relationship with a 16-year-old boy, according to Radar Online. "We met with Kevin, who denied the accusation. We also conducted a thorough investigation and found the allegation of underage conduct to be unsubstantiated," a spokesman for Sesame Workshop says, according to Radar Online. "Although this was a personal relationship unrelated to the workplace, our investigation did reveal that Kevin exercised poor judgment and violated company policy regarding Internet usage, and he was disciplined." No date has been given for Clash's return to the show. The star of the documentary Being Elmo reportedly told another media outlet recently, "I had a relationship with (the accuser). It was between two consenting adults, and I am deeply saddened that he is trying to make it into something it was not."

Elmo and his handler Kevin Clash

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Kellan Lutz faces off against Kristen Stewart on screen and talks about how he gets those muscles with Metro. HANDOUT

Getting that vampire strength

Interview. Twilight star Kellan Lutz talks about how he keeps the sleek physique and manages major strength in the series

ROMINA McGUINNESS
life@metronews.ca

Kellan Lutz spent four years wearing pasty white make-up and doing push ups to play superstrong vampire Emmett Cullen in The Twilight Saga. Now that the final chapter, Breaking Dawn — Part 2, arrives in theatres, he talks to Metro about his post-vampire career, wrestling with Kristen Stewart and learning to cut up a steak.

Everyone went on and on about Taylor Lautner's body in Twilight. But you were buff all along. How did you manage that?
I have good muscle memory. I'm barrel-chested, so I can do 50 push ups and get some man boobs pretty easily. But Taylor had to take his shirt off. It would have been different if I'd had to take mine off and I was pale white with make up. It wouldn't look so flattering.

The arm wrestle scene between Bella and Emmett in Breaking Dawn 2 — did you guys do it for real? Kristen vs. Kellan?
I sent Emmett to some acting classes to prepare him for that scene so that he didn't lose and get his ego hurt too much. I'd been looking forward to shooting that scene for years and Kristen was just so excited to play a vampire finally. She's a strong woman. She put up a good fight. Of course, I let her win.

Could Kristen beat you in real life?
Never … Plus she cheated. But I really think she could beat Rob in an arm wrestle.

So, she's stronger than Robert Pattinson?
I think so … She'd come out a winner. She'd probably tickle him or something.

Would he make more?

"I mean, am I sitting on the edge of my bed praying about it? No. I love my character. If I had a spin-off where Emmett goes in the woods and five years later he has his own zoo and he's wrestling a bear and a lion in the backyard and he has his five Emmett buddies from his football days and hunting days and we made a comedy out of it, that would be great."

Kellan Lutz,
On making more Twilight movies.

Who would you rather date? Kristen Stewart or Bella Swan?
I don't really know Bella Swan too much. I know Kristen. For me, the wise choice would be who I know the most and connect the most with and Kristen — she was just so much fun to work with.

If you had the vampire strength of Emmett in real life—
If? What are you talking about?

What would you dream of being able to do?
Wrestle lions like Samson (in the Bible.) I love to play with my dog — but how fun would that be, to wrestle a lion by its mane and pull it down. Or a grizzly bear. For me — having all-powerful strength — being able to pull trees out of the ground and carry them like a pool noodle. Or feel like Atlas (a Titan known for his strength in Greek mythology).

What do you do to stay fit?
I play volleyball every Saturday and workout whenever I can. A big part of what I've been doing is just eating better. I don't eat as much candy as I used to.

I read you can eat 10 Taco Bell tacos in one sitting.
I have a large stomach. Growing up within a family of six boys, you learn to just chow down. You just want to get it in before it's gone. I'm learning to enjoy my meals and cut up a steak rather than just ripping it apart with my mouth.

What's next for you?
I'm focusing on action movies. I love fighting and shooting guns.

Why?
I have no tattoos — I wear my scars as my tattoos. I've never broken a bone but I love taking risks. I'd like to do something extreme like Tom Cruise in Mission Impossible. Wear a squirrel suit and jump out of a helicopter, fly over an erupting volcano and drive fast cars.

Would you do the space jump?
Yeah. I just love the thrill. Skydiving is amazing — doing flips in the air. Snowboarding or scuba diving —it's one of the scariest things I've ever done — it's life or death down there.

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This Tilapia with Cashew Crust recipe is a real winner for fish lovers.

The mild taste of tilapia goes well with nuts, and this lemon-nut combination is outstanding.

If you want to substitute another fish, try sole. Serve this over a bed of fresh grilled vegetables.

The best part is that prep time is only five minutes and cooking time is only 15 minutes.

1. Preheat the oven to 425 F. Line a baking sheet with foil and spray with cooking oil.

2. Place the cashews, cheese, oil, juice and garlic in the bowl of a food processor and process just until coarsely ground. Do not purée. Alternatively, finely chop by hand.

3. Place the fish on the prepared baking sheet and divide the nut mixture over top, pressing it onto the fillets to help it adhere. Bake for 10 minutes per inch of thickness, or until the fish flakes when pierced with a fork. Garnish with the dill and lemon wedges. **ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN**

Ingredients

- 1/3 cup finely chopped toasted cashews
- 4 tbsp grated Parmesan cheese
- 1 tbsp olive oil
- 1 tbsp freshly squeezed lemon juice
- 1/2 tsp crushed fresh garlic
- Four 4-oz tilapia fillets
- 3 tbsp chopped fresh dill or basil
- lemon wedges

This recipe serves four. BRIAN MACDONALD, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

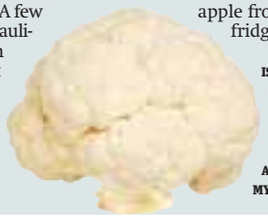
Health solutions

Save on produce

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Man, vegetables and fruit can get expensive this time of year! And when you consider that most of us are only enjoying three or four of the eight to 10 we are supposed to, the grocery bill goes through the roof. Here are a few tips to help you pinch a few pennies:

- Check the reduced bin first. Often, food is moved here simply to make room for a new shipment and you would have paid full price 20 seconds ago. (You will know what is beyond its due date, don't worry.)
- Buy in bulk and cook or freeze. A few heads of cauliflower can be bought on the cheap and be cooked in the slow cooker to turn it into a freezable side dish with a little drizzle of butter. Freeze in single serving sizes and never go without.
- Shop in Asian markets and experiment! You may not be familiar with the vegetable but, rest assured, a quick stir fry and you will be.
- Look for sales on frozen vegetables. These are often picked at their peak and frozen to preserve nutrients. Not as great as a salad, maybe, but tossed into pastas and soups, they are great!
- You can't beat frozen berries for pies, smoothies and to stir into yogurt.



Don't skimp on the health benefits of fruits and vegetables just to save a few bucks. It won't be worth it in the end. If all else fails, "borrow" someone else's apple from the work fridge. (Kidding!)

THERESA ALBERT IS AN AUTHOR AND ON CALL, PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Spinach and Artichoke Dip with Catfish. Appy

1. Pre-heat oven to 180 C (350 F). Then in saucepan over medium heat, melt butter; add catfish cubes. Cook, stirring, 5 mins. Remove from heat and let cool for about 5 minutes.

3. Squeeze excess moisture out of spinach and artichokes. Combine with 2/3 of Parmesan and all remaining ingredients. Transfer to glass baking dish and sprinkle with cheese.

4. Bake 25 mins. Serve warm with crackers. **THE CANADIAN PRESS/U.S. FARM-RAISED CATFISH**

Ingredients

- 15 ml (1 tbsp) butter
- 3 catfish fillets, cubed
- 500 g (1 lb) frozen chopped spinach, thawed and drained
- 1 can (14 oz) artichokes, drained
- 175 ml (3/4 cup) grated Parmesan cheese, divided
- 125 ml (1/2 cup) diced green onions
- 250 ml (1 cup) mayonnaise
- 3 cloves garlic, minced
- 5 ml (1 tsp) hot sauce

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Growing happy people with wholesome food!

There's a new green side dish in town with a peppery hit

Of all the many green vegetables available to us, we tend to be profoundly lacking inspiration when it comes to selecting one for those big family dinners.

Generally, it's either green beans or Brussels sprouts. And while both are fine vegetables, wouldn't it be nice if just once the token nod to something green on the table was something a little different?

That's the inspiration behind this fast and easy green dish that has lots of flavour and doesn't rely on the usual suspects. The solution is a heaping tray of roasted, peppery shrimp and edamame, creating an attractive and filling side dish that could even double as a main course.

Because this recipe cooks so quickly — and at a much higher temperature than most big dinner dishes are likely to — leave it for last.

And yes, the recipe is correct — 2 tablespoons of black pepper. That's the point. And it is delicious.

This recipe serves eight. MATTHEW MEAD/THE ASSOCIATED PRESS

Ingredients

- 1-lb bag frozen shelled edamame
- 2 lbs raw peeled shrimp (thawed, if frozen)
- 1/4 cup olive oil
- 2 tbsp ground black pepper
- 1 tbsp kosher salt
- 1 tsp smoked paprika

1. Heat oven to 450 F. Line a rimmed baking sheet with foil.

2. Place the edamame in a medium microwave-safe bowl and microwave for 1 to 2 minutes, or just long enough to slightly thaw. Pour off any liquid that has accumulated in the bowl, then transfer the edamame to the prepared baking sheet.

3. Add the shrimp to the baking sheet, then drizzle the oil over them and the edamame. Sprinkle with the pepper, salt and paprika. Use your hands to mix everything together, making certain the shrimp and edamame are well coated with the oil and seasonings. Arrange the ingredients in an even layer on the baking sheet.

4. Roast for 5 minutes, then use a spatula to turn the shrimp. Roast for another 2 to 3 minutes, or until the shrimp are just pink and firm. Serve immediately.

THE ASSOCIATED PRESS

How a cheesy soundtrack = amazing sex

Setting the mood. Music psychologist reveals why great love songs get us all hot and bothered

ROMINA MCGUINNESS
life@metronews.ca

It appears that when it comes to wooing and romance, music can be used as a form of brainwashing. The songs you choose are just a subtle way to suggest and initiate sex.

Music psychologist Dr. Daniel Müllensiefen, from Goldsmiths, University of London, discovered that music was a key element of the seduction game and consequently, how successful you are in the bedroom. The playlist you listen to in the moments leading to and during sex is crucial.

A staggering 40 per cent of people admitted that the music they listened to during sex was more arousing than the touch or feel of their partner.

Time of your life

Although both sexes favoured songs that were happy and tender, men tend to make more of an effort to adjust to the taste of their date in order to ensure success in the bedroom.

This could explain why the soundtrack from the iconic '80s romantic movie, Dirty Dancing, was voted as best for sex. This is because it's not just the music that's important, but what it is that we associate with the songs.

Dr. Müllensiefen observed: "Music activates emotional pleasure centres in the brain — the same areas that are activated when we have sex or take drugs.

"If you have a sound track to a film that as a whole is associated with romance, flirt(ing) and sex, that might work for the entire sexual episode. Listening to the soundtrack unconsciously re-ignites the feelings we experienced whilst watching the film.

"So just put the CD in and let it play," he adds. "The passionate emotions we feel when we see the love scenes in a film get encoded together with the music, almost like a conditioned experience."

The Dirty Dancing soundtrack worked for them. LIONSGATE

Quoted

"Music activates emotional pleasure centres in the brain — the same areas that are activated when we have sex or take drugs."

Music psychologist Dr. Daniel Müllensiefen.

The Vocals

But it's not just what we associate the song with that's important in the bedroom — individual vocals are too. "People have a sort of emotional intelligence with music," explains Dr. Müllensiefen.

"When it comes to getting in the mood for sex, people tend to go for relaxed songs with little use of vocal vibrato and with a greater dynamic range, a high chest voice, a raspiness in the voice, such as Marvin Gaye's Sexual Healing, (the number one track to get in the mood for sex) and Barry White's Anything (third best)," says Dr. Müllensiefen.

So fire up that Spotify or Grooveshark playlist, doc. Let's get it on.

Why we fail financially

Alison's money rule. New survey shows how we really feel about our spending and saving

YOUR MONEY
Alison Griffiths
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Do you have a cheatin' heart? Do you feel guilty or anxious? Are you hoping for a windfall to save you? Chances are, you'll answer yes to one or more of these questions when they relate to money.

Credit Education Week Canada (cewc.ca) began on Monday. This year, the founders of CEWC, Credit Canada Debt Solutions and Capital One Canada, commissioned a survey to find out how we really feel about money and our spending and saving resolutions.

Interestingly, the survey uncovered a whole lotta angst going on in our financial lives. Sixty three per cent of Canadians worry so much about money they lose sleep and for half of us, it has caused conflict with family or friends.

Nearly 30 per cent are praying for a lottery win or an inheritance to secure their futures.

In light of these statistics, it comes as no surprise that 81 per cent of us have cheated on resolutions made about money.

The source of our financial woes lies mostly in a single area — overspending.

Pretty much everyone does it, with groceries being the biggest culprit (76 per cent), followed by the need to treat or reward ourselves (60 per cent) and eating out (54 per cent).

While many Canadians (37 and 28 per cent) believe that lack of income and discipline are at the root of their financial troubles, I think these are symptoms, not causes.

The real problem is a lack of another kind — help.

There is a crying need for assistance and very few are getting it. Only eight per cent of Canadians use a financial planner, for example. But there are many ways to get support in achieving financial goals. Old-fashioned hand holding is one.

Find someone you trust to be a mentor and to keep you on track. I know one woman who enlisted her neighbours with the common goal of making a budget and sticking to it. They met monthly to bare their financial souls — and it worked.

There are also charitable counselling services such as Credit Canada (creditcanada.com) and employers are increasingly including financial counseling to HR programs.

If you think you need help, start looking for it. Don't hide your financial problems in a closet.

A financial planner can be a broke girl's best friend. ISTOCK IMAGES

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

The Joneses' don't have two nickels to rub together, so why keep up?

FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

What price will Canadians pay to keep up with their spending? ISTOCK IMAGES

November is financial literacy month for many provinces in Canada. To celebrate, last week I spoke at an event alongside David Chilton, the new Dragon from Dragon's Den and author of Wealthy Barber, the first personal finance book I ever read at age 13.

Chilton is considered the pioneer of personal finance in Canada, so it was an honour to present with him on the theme of Keeping Up With The Joneses'.

Unfortunately, Canadian appetite for spending has grown substantially over the past few decades as our incomes have grown and access to credit has increased.

We've watched our broke neighbours bring home fancier cars, upgrade their houses and put junior in expensive competitive sports.

As a result of adult peer pressure, we've over-extended ourselves to look richer in hopes of greater happiness, which never materializes because true happiness isn't found in a new television.

Meanwhile, the truly wealthy are not spending this kind of dough. They're living frugally, keeping meticulous budgets and spending on things that grow in value, not shrink.

These folks report less stress, fewer divorces and greater personal satisfaction. They are financially literate.

Due to extreme overspending, Canadians borrow approximately $0.70 of every $1 spent and the most popular borrowing methods are credit cards and lines of credit.

Canadians continue to carry balances on our credit cards at an average rate of 19.5 per cent and the average Canadian household owes $40,000 in some type of consumer debt.

Even more frightening is the fact that one in 10 families report that they would not be able to handle a $500 unexpected expense.

What price will Canadians pay to keep up with their spending?

The bottom line on overspending and debt is that it's restrictive and causes stress.

If you care about your future, channel your energy and dollars away from image-boosting spending and focus on keeping what you've worked so hard to earn.

If you're caught in an overspending trap, stop. Remove spending temptation. Avoid bad debt and manage good debt by:

1. Negotiating interest rates; and

2. Paying a little extra each month through frugal living.

Chilton offered good advice last week: Stop complaining about what you don't have.

Consider yourself lucky to live in Canada, where we are safe, have access to education, health care, jobs and other helpful resources.

Follow Lesley on Twitter @LesleyScorgie

MAKE A MONEY RESOLUTION

CREDIT EDUCATION WEEK CANADA AIMS TO RAISE AWARENESS

In 2007, Credit Canada and Capital One Canada teamed up to create the first Credit Education Week Canada (CEWC), with the objective to raise public awareness and educate Canadians about the many issues and challenges they face managing their finances, spending and savings.

Now in its sixth year, CEWC 2012 will be looking at "money resolutions" and the unique financial pressures Canadian consumers face.

Beginning today and running through to Friday, more than 150 events and financial literacy workshops at YMCAs and community centres across the country will occur under the Credit Education Week Canada banner thanks to the support and funding of all sponsors.

On Nov. 13, the founding sponsors of CEWC — Credit Canada Debt Solutions and Capital One Canada — will officially kick off the week with the launch of its Professional Development Day at the Toronto YMCA. The event launch will be hosted by Gary Rabbior, president of CFEE, a non-profit, non-partisan organization since 1981. This is a unique opportunity for financial industry leaders to bring consumer awareness to myriad of financial issues impacting Canadians, as well as show their support and commitment to the financial literacy initiatives.

Bruce Sellery, the founder of Moolala, a personal finance training company with a mission to inspire people to get a handle on their money so they can live the life they want, will deliver the event's keynote address.

The climax of every CEWC is the dinner gala, which will be held Thursday at the Royal York Hotel in Toronto. The gala will be hosted by CTV's consumer affairs expert Pat Foran, while David Chilton, star of CBC's Dragons' Den and bestselling author of The Wealthy Barber Series, will deliver the gala keynote address.

For more information about CEWC 2012, go to cewc.ca.

STORIES FROM ACROSS CANADA

Credit Canada and Capital One Canada sponsored a contest asking people to share their inspiring or compelling stories about how they conquered their credit issues and how it changed their life. Contributors were asked to share their stories in 300 words or less. Julie-Laurence Lafortune of Laval, Que., submitted the winning entry worth $4,000, Trina Brooks from London, Ont., took home $3,000 for the second-place story, while David Roberts from Vancouver cashed in the third-place entry, which was worth $1,000.

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KICKING HER TO THE CURB

JULIE-LAURENCE LAFORTUNE CHOOSES TO END A RELATIONSHIP WITH HER CREDIT CARD

GRAND PRIZE WINNER ($4,000)

It was the summer of 2004; she had just graduated from university and was working an entry-level position in the field of advertising. We met at the bank. The teller introduced us and it was love at first sight.

She wanted so many things and I could provide those to her. The designer shoes that she so lusted for were finally hers in the blink of an eye when she brought me along with her. While her friends were saving up for down payments on condominiums or putting money towards their retirement, she was with me in the swankiest stores in town. Her friends and family warned her to spend less time with me but nothing could keep us apart. I remember those crazy nights out when I would get swiped a dozen times.

Notices started flooding in requesting she pay for me. She stopped opening them. After all, our relationship was all about fun and nobody was going to put a damper on that. It all came to a halt one year later. She had a nightmare; she was drowning in a sea of notices, unable to come up to the surface to breathe. As she awoke in fright, I heard her whisper: I need to change my ways or I will be living in my purse and drinking juice from my shoes.

She confined me to her freezer; she tried to cut me with her scissors but couldn't bring herself to do it. She sold some of her designer goods and opened a tax-free savings account. She wrote up a debt repayment plan and followed it with unbridled discipline.

She finally took me out one day but it just wasn't the same. She wanted a professional relationship. I wasn't her everything anymore, just her credit card.

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*Based on $12,200 fixed rate loan at 8% per annum with a 26 month amortization. Savings example is calculated by consolidating credit card balances of $3200 @ 19% per annum with monthly payment of $150/month, and $1000 @ 25% per annum with monthly payment of $100 and loan of $8000 with 3 year term @ 9% per annum with monthly payment of $265/month. The interest rate is subject to change at any time without notice. The rate is used for illustrative purposes. Personal Lending products and residential mortgages are offered by Royal Bank of Canada and are subject to its standard lending criteria. ®/™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.

SPORTS 4

Roughriders so close, yet not so far away?

West Division semifinal. Rider Nation disappointed, but optimistic about the future

JEFF MACKEY
jeff.mackey@metronews.ca

The 2012 Saskatchewan Roughriders season has come to what many in Rider Nation would call a premature finish, but some still find cause for optimism even after such a heartbreaking loss.

On Sunday, the Calgary Stampeders defeated the Riders in Calgar,y 36-30, after a hard fought, back-and-forth West Division semifinal. Thanks to a touchdown, the Riders had a one-point lead late in the fourth quarter. But Drew Tate and his Stamps spoiled it with a 60-yard TD pass with just 20 seconds left in the game.

It was a sad end to a turbulent season.

"The trend seems to be for the team to play well for bits and pieces of the regular season," said Jennifer Siemens of Regina, a life-long Riders fan. "But at least we (the fans) are always there right to the end no matter what."

"I think it was a rebuilding season. We had a new coach, we had a lot of young players and I think that was pretty much what sums it up in the end of it," said Sheldon Baerg, a Saskatoon-based welder and Riders fan.

Fans are now looking back on the season that was and judging whether the direction coach Corey Chamblin is taking the team is the right path, and he seems to get fairly good reviews

"The season was a start, but not quite a success," said Mike Mastrangelo a Regina member of Rider Nation. "Chamblin has been just fine though, but there is work to be done."

Roughriders quarterback Darian Durant leaves the field Sunday after a 36-30 loss to the Stampeders in the West Division semifinal at McMahon Stadium.
LARRY MACDOUGAL/THE CANADIAN PRESS FILE

On Twitter

"Heart's a bit heavy. Always sad when #CFL season ends but if it had to end early, couldn't ask 4 more exciting finish. #Riders #BleedGreen" @ellyglynj

"#Riders won n lost in the last minute - that's what makes "Canadian" football awesome #CFL #ready4nextyear"
@ericainottawa

"Well #riders that was a tough way to end the season. This team improved so much over last year, I'm excited to see what they can do next yr."
@Cole_Goertz

Stamps break through

Saskatchewan QB Darian Durant was 24-for-37 for 435 yards, four TDs throws and two interceptions on Sunday.

- "Darian had a phenomenal game," Saskatchewan head coach Corey Chamblin said. "He gave us a chance to win that game."
- Saskatchewan had been a post-season stumbling block for the Stampeders in recent years, with four playoff wins over Calgary in five seasons between 2006 and 2010, and another back in 1997.

THE CANADIAN PRESS

WHL

Stevenson stars in Pats' weekend win

The Regina Pats were looking to get back on track on Saturday night after a 6-3 loss to the Saskatoon Blades on Friday.

Playing host to the Lethbridge Hurricanes, the Pats found a way to turn a very physical game into a convincing 4-0 win at the Brandt Centre.

The star of the night was the Pats' Dyson Stevenson, who found the back of the net three times and added an assist on Lane Scheidl's power-play goal.

Up next, the Pats (9-12-1-0) travel to Vancouver to face the Giants (5-13-0-0) on Friday. METRO

NHL

Steve Fehr just waiting for lockout breakthrough

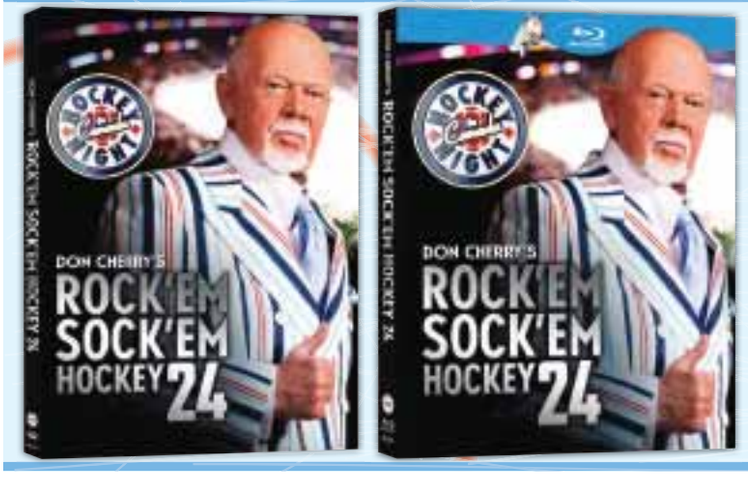
A new NHL labour deal might not be as far off as it seems.

Steve Fehr, special counsel to the NHL Players' Association, believes the collective bargaining agreement can be wrapped up in a hurry once the sides make a breakthrough in negotiations.

"One thing (deputy commissioner) Bill Daly and I agree upon is that when the moment is right, the deal could be done very quickly," Fehr said Monday during a panel discussion at the PrimeTime Sports Management Conference in Toronto. "One day, three days or whatever."

Asked later if he agreed with that assertion, Daly replied: "I hope he's right."

No future talks are planned. Fehr told the panel that three issues remain to be solved: The split of money, player contract rights and who pays for the damage caused by the lockout. THE CANADIAN PRESS



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Horoscopes

♈ Aries
March 21 - April 20
This is an extremely good time for you and if you don't have big plans for the next 24 hours then make some now. On the financial front especially, you can move ahead in leaps and bounds. Be bold.

♉ Taurus
April 21 - May 21
If you think you know what is best for a partner or loved one by all means, let them know. But don't push too hard or they may not take your advice. Make it seem as if they thought of it themselves.

♊ Gemini
May 22 - June 21
A solar eclipse in the wellbeing area of your chart will bring health matters to the fore, making this the perfect time to start a new fitness regime or, more likely, give up something that doesn't do you any good.

♋ Cancer
June 22 - July 23
The thing you need to remember is that causes have consequences. It may seem as if a piece of good fortune has arrived out of the blue but in fact you have somehow earned it. So enjoy it with a good conscience.

♌ Leo
July 24 - Aug. 23
Try not to play favourites today, even though one particular person may be higher in your estimation than others. If friends or family members think they are not so important to you, it could cause unnecessary grief.

♍ Virgo
Aug. 24 - Sept. 23
Social activities and travel plans are under excellent stars, so don't waste the day entirely on work. If you do, you may look back a few weeks from now and wish you had been a touch more adventurous.

♎ Libra
Sept. 24 - Oct. 23
Go with the flow today and don't worry too much about where you might end up. Almost certainly it will be somewhere exciting, doing something you enjoy. You may even make some money from it.

♏ Scorpio
Oct. 24 - Nov. 22
Today's solar eclipse in your sign is a herald of good times to come. Those times will be even better if you bring other people into your plans. The more you do with loved ones, the more you do for yourself.

♐ Sagittarius
Nov. 23 - Dec. 21
You may be a bit reclusive today, unwilling to get involved in what's going on in the world around you, but that's no bad thing. It's OK to switch out of party mode for a while — in fact, it's a necessity.

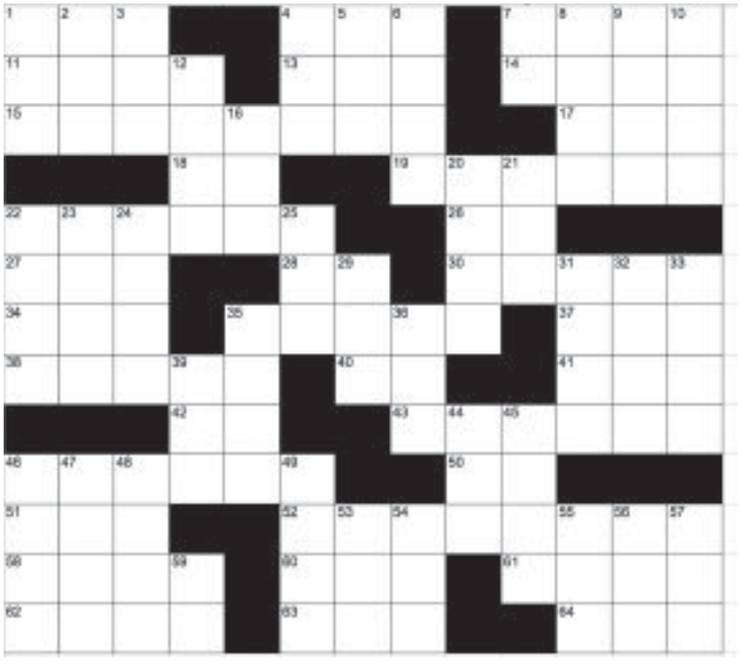
♑ Capricorn
Dec. 22 - Jan. 20
Cosmic activity in the friendship area of your chart means you will be offered at least one helping hand over the next 14 hours. Wherever you go and whatever you do, people will go out of their way to assist you.

♒ Aquarius
Jan. 21 - Feb. 19
You must let employers and other important people know who you are and what you can do. Put yourself forward today and don't think you are being pushy. It's their loss if they overlook your many talents.

♓ Pisces
Feb. 20 - March 20
What is it you want most out of life? Put a name to your dream and visualize what it would be like to have it come true, and there is every chance you will be living it by the end of the year. SALLY BROMPTON

Canadian Crossword

BY BETTY MARTIN



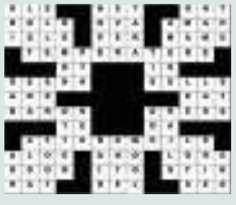
Across

1. House site
4. Pub
7. Proofreaders word
11. Type of code
13. — Life to Live
14. Practice
15. Party favours
17. Participated in a marathon
18. Exclamation of pain
19. Stenographer, of old
22. Grieve
26. Shoe width
27. Bargain basement abbr.
28. Hospital waiting rm.
30. Slip-up
34. Personal info.
35. Annoyed (2 words)
37. Meadow
38. Reeds
40. — the World Turns
41. Type measures
42. Battery size
43. Left to the heir, often
46. Probes
50. My – -Called Life
51. Web ending
52. Salve
58. Laze
60. "Rain —"
61. Baseball stat.
62. Day after Mon.
63. Compass bearing
64. Born

Down

1. Found on CSI: Miami
2. Openings (anat.)
3. — Aviv
4. Casper greeting
5. Columnist Landers
6. Take a breather
7. Jr.'s dad
8. — & Dean: Inn Love
9. Airport info.
10. Camping equip.
12. Salve plant
16. Possess
20. Puppy sound
21. Small pod veggie
22. Teases
23. A great lake
24. Gentle push
25. Golf gadget
29. MacGyver star (init.)
31. Appeal
32. Transmitted
33. Luxury
35. Tremendous victory
36. Utilize
39. Corner —
44. Now grounded fast flyer
45. Heavy volume
46. Give in your notice
47. Language of Pakistan
48. Fashion magazine
49. " — Like it Hot"
53. McShane or Ziering
54. Wind direction (abbr.)
55. Sea eagle
56. Negative vote
57. Toronto Stock Exchange (abbr.)
59. 19th letter of the alphabet

Friday's Crossword



What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

7		2	6				1	
			3	8		9		
5					9			
1							9	3
3		8				2		6
4	2							1
			1					9
		1		5	4			
	5				7	1		2

Friday's Sudoku

7	8	1	3	9	6	5	2	4
9	5	6	2	4	7	1	8	3
3	4	2	8	5	1	9	6	7
4	9	7	1	8	3	2	5	6
6	1	8	5	2	4	3	7	9
2	3	5	7	6	9	4	1	8
1	7	4	6	3	2	8	9	5
5	6	3	9	1	8	7	4	2
8	2	9	4	7	5	6	3	1

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CITY: 7.8L/100 KM

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HWY: 6.7L/100 KM
CITY: 10.1L/100 KM

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™The Hyundai names, logos, product names, feature names, images and slogans are trademarks owned by Hyundai Auto Canada Corp. †Finance offers available O.A.C. from Hyundai Financial Services based on a new 2013 Elantra L 6-Speed Manual/Elantra GT GL 6-Speed Manual/Sonata GL Auto/Santa Fe 2.4L FWD Auto with an annual finance rate of 0%/0%/0%/0% for 24/24/24/24 months. Bi-weekly payment is $302/$365/$430/$522. No down payment required. Cost of Borrowing is $0/$0/$0/$0. Finance offers include Delivery and Destination of $1,495/$1,495/$1,565/$1,760. Registration, insurance, PPSA, fees, levies, charges, license fees and all applicable taxes are excluded. Delivery and destination charge includes freight, P.D.E., dealer admin fees and a full tank of gas. Financing example: 2013 Sonata GL Auto for $22,314 at 0% per annum equals $430 bi-weekly for 24 months for a total obligation of $22,314. Cash price is $22,314. Cost of Borrowing is $0. Example price includes Delivery and Destination of $1,565. Registration, insurance, PPSA, fees, levies, charges, license fees and all applicable taxes are excluded. Delivery and destination charge includes freight, P.D.E., dealer admin fees and a full tank of gas. ▼Fuel consumption for 2013 Elantra Sedan L 6-Speed Manual (HWY 5.2L/100KM; City 7.1L/100KM)/2013 Elantra GT GL 6-Speed Manual (HWY 5.3L/100KM; City 7.8L/100KM)/2013 Sonata GL Auto (HWY 5.6L/100KM; City 8.7L/100KM)/2013 Santa Fe 2.4L FWD Auto (HWY 6.7L/100KM, City 10.1L/100KM) are based on Manufacturer Testing. Actual fuel efficiency may vary based on driving conditions and the addition of certain vehicle accessories. Fuel economy figures are used for comparison purposes only. †♦Friends & Family prices for models shown: 2013 Elantra Limited/Elantra GT SE Tech 6-Speed Auto/Sonata Limited/Santa Fe 2.0T Limited AWD is $22,944/$26,214/$27,339/$39,009. Prices include Delivery and Destination charges of $1,495/$1,495/$1,565/$1,760. Registration, insurance, PPSA, fees, levies, charges, license fees and all applicable taxes are excluded. Delivery and destination charge includes freight, P.D.E., dealer admin fees and a full tank of gas. ♦Friends & Family Selling Prices are calculated against the selling price less all factory to dealer price adjustments (including Friends & Family price adjustments). Friends & Family Selling Prices include Delivery and Destination. Registration, insurance, PPSA, fees, levies, charges, license fees and all applicable taxes are excluded. Delivery and destination charge includes freight, P.D.E., dealer admin fees and a full tank of gas. ‡Factory to dealer price adjustments (including Friends & Family price adjustments) are calculated against the vehicle's starting price. Factory to Dealer Price adjustments of $1,750/$1,675/$3,250/$1,150 available on 2013 Elantra L 6-Speed Manual/Elantra GT GL 6-Speed Manual/Sonata GL Auto/Santa Fe 2.4L FWD Auto includes Friends & Family price adjustments. Factory to dealer price adjustments are applied before taxes. Offer cannot be combined or used in conjunction with any other available offers. Offer is non-transferable and cannot be assigned. No vehicle trade-in required. †♦‡Offers available for a limited time, and subject to change or cancellation without notice. See dealer for complete details. Dealer may sell for less. Inventory is limited, dealer order may be required. ▲Government 5-Star Safety Ratings are part of the U.S. National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (www.SaferCar.gov). ††Hyundai's Comprehensive Limited Warranty coverage covers most vehicle components against defects in workmanship under normal use and maintenance conditions.